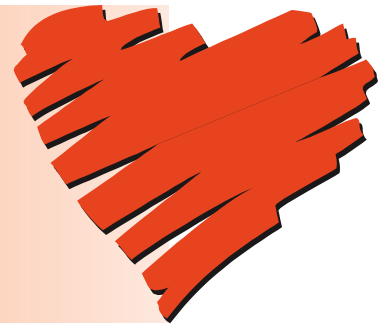


# State of the Heart for Women

## *Cardiovascular Disease in South Carolina*



### **Burden of Disease:**

- In the United States, over 500,000 women die each year from cardiovascular disease (CVD), which includes heart disease, stroke, high blood pressure, congestive heart failure, and other diseases of the circulatory system.
- CVD, including heart disease and stroke, is South Carolina's leading killer for women among all racial and ethnic groups. In 2000 alone, 7,101 women died from CVD in South Carolina.
- Heart disease and stroke accounted for 20,261 hospitalizations in 2000 for women in South Carolina, with a total hospitalization cost of more than \$389 million.

### **Risk Factors for South Carolinians**

#### **Smoking**

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every five adult women in South Carolina smokes.

#### **Overweight**

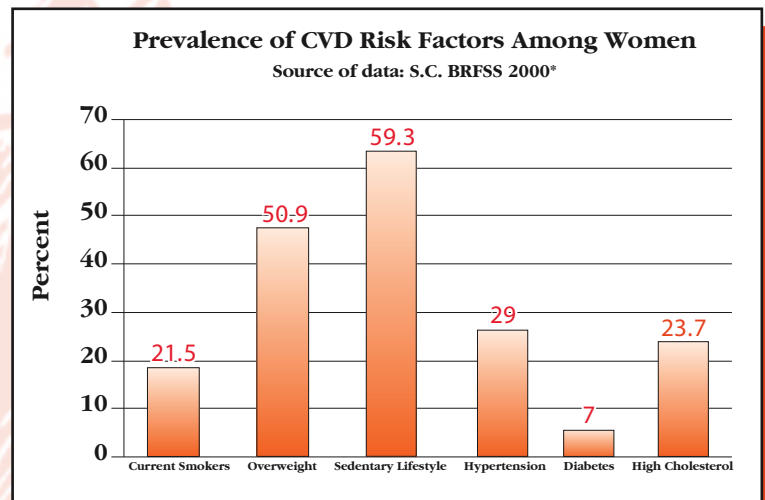
- More than half of the women in South Carolina are overweight or obese.
- While about two out of every five Caucasian women in South Carolina are overweight or obese, two out of every three African-American women fit into one of those two categories.

#### **Sedentary Lifestyle**

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- When it comes to physical activity, about 60 percent of women in South Carolina are either inactive or are not regularly active.
- Approximately one-third of women in South Carolina do not engage in physical activity during their leisure time.
- Physical inactivity is more common among African-American women than Caucasian women.

#### **Hypertension (High Blood Pressure)**

- People with hypertension (high blood pressure) have three to four times the risk of developing heart disease than those without high blood pressure.
- Nearly one in three women in South Carolina has high blood pressure.



\* South Carolina Behavioral Risk Factor Surveillance Survey

#### **Diabetes**

- Two-thirds of people with diabetes die of heart disease or stroke.
- One out of every 14 women in South Carolina lives with diabetes.

#### **High Cholesterol**

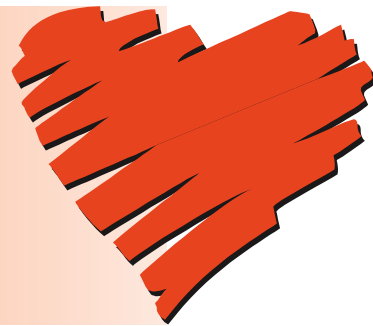
- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- One in four women in South Carolina has high cholesterol.

### **Estimated Economic Cost of CVD in the United States in 2002**

**\$199.5 billion in direct costs** (i.e., physicians, hospital, medications)

**\$129.7 billion in indirect costs** (i.e., loss in productivity)

# Stroke Among Women in South Carolina



## Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina leads the nation in stroke death rates and is among a group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death for women in South Carolina, resulting in 1,756 deaths during 2000.
- African-American women are at greater risk of dying from stroke than Caucasian women in South Carolina.
- Stroke resulted in 8,001 hospitalizations for women in South Carolina during 2000.

### Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

### How to Reduce Your Risk of Stroke:

- Get your blood pressure checked.
- Stay active.
- Eat a healthy diet.
- Use less salt.
- If you drink alcohol, drink in moderation.
- Get your cholesterol level checked.
- Stay smoke-free.

### WARNING SIGNS OF STROKE:

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Loss of speech or trouble talking or understanding speech.
- Sudden dimness or loss of vision, particularly in one eye.
- Unexplained dizziness, unsteadiness or sudden falls, with no previous symptoms.
- Sudden, severe headaches with no known cause.

### Economic Cost of Stroke:

- Hospitalization costs for stroke totaled more than \$119 million for South Carolina women in 2000.
- The total cost of stroke in the United States for 2002 is estimated at \$49.4 billion (both direct and indirect costs.)

## For more information on cardiovascular disease prevention in South Carolina contact:

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